



Chicken Gyozas & BBQ Sweet Potato Fries

with Sesame Pea Pods & Cucumber Salad

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

29



Sweet Potato



Asian BBQ Seasoning



Chicken Gyozas



Pea Pods



Cucumber



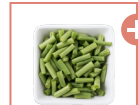
Deluxe Salad Mix



Sesame Dressing



Japanese Style Dressing



Trimmed Green Beans



Chicken Gyozas

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Enjoy this simple and impressive meal with a little something for everyone! Team crispy chicken gyozas topped with a zingy dressing with sweet potato fries and vibrant salad for a unforgettable fusion dish.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Asian BBQ seasoning	1 sachet	2 sachets
chicken gyozas	1 packet	2 packets
water*	¼ cup	½ cup
pea pods	1 small packet	1 medium packet
cucumber	1	2
deluxe salad mix	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
Japanese style dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2218kJ (530Cal)	393kJ (94Cal)
Protein (g)	20.4g	3.6g
Fat, total (g)	17.6g	3.1g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	69.9g	12.4g
- sugars (g)	27.5g	4.9g
Sodium (mg)	2663mg	472mg
Dietary Fibre (g)	11.5g	2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Sprinkle over **Asian BBQ seasoning**, drizzle with **olive oil**, season with **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Toss the salad

- Meanwhile, trim and roughly chop **pea pods**.
- Thinly slice **cucumber** into rounds.
- In a medium bowl, combine **deluxe salad mix**, **pea pods**, **cucumber** and **sesame dressing**.
- Season with **salt** and **pepper**.



Cook the gyozas

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, add **chicken gyozas**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water** (watch out, it may spatter!) and cover with foil or a lid.
- Cook until the water has evaporated and gyozas are tender and softened, **4-5 minutes**.



Serve up

- Divide BBQ sweet potato fries, chicken gyozas and sesame pea pods and cucumber salad between plates.
- Drizzle **Japanese style dressing** over gyozas to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS

+ ADD TRIMMED GREEN BEANS

Cook until tender, 4-5 minutes. Add to salad.

+ DOUBLE CHICKEN GYOZAS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

